

**PELF 112**  
**Cardio Fitness**  
1 Credit

Community College of Baltimore County  
Common Course Outline

**Description**

**PELF 112 – Cardio Fitness:** develops cardiorespiratory fitness through a program of jogging, cardio kickboxing, step aerobics, cardio pump, and other activities. This course helps individuals to increase cardiorespiratory endurance and increases the maximum amount of oxygen the body can process at a given time.

**Overall Course Objectives**

Upon completion of this course, students will be able to:

1. evaluate personal fitness levels in comparison to established norms;
2. demonstrate safe and effective fitness training practices;
3. explain the principles of effective training according to frequency, intensity, time, and type (FITT);
4. describe the health benefits of regular physical activity;
5. explain the relationship between nutrition (diet) and physical fitness;
6. demonstrate knowledge of body mechanics and safe movement practices during activity;
7. practice cooperative group activity;
8. analyze improvements in strength, flexibility, body composition, and cardiorespiratory endurance; and
9. develop a plan for lifelong wellness.

**Major Topics**

- I. Assessment of physical fitness and interpretation of results
  - a. Body composition
  - b. Flexibility
  - c. Muscular strength
  - d. Muscular endurance
  - e. Cardiorespiratory
- II. Setting appropriate goals
- III. Principles of cardiorespiratory endurance training
  - a. Warm-up and cool-down
  - b. Training programs
  - c. Heart rate calculations and monitoring
- IV. Nutrition and diet
  - a. Nutrition basics
  - b. Nutrition for training and performance
  - c. Diet and weight management

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- V. Techniques and practice
- a. Low to moderate level cardio training
  - b. Moderate to high cardio training
  - c. Variety of training

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- attendance and active participation
- one pre and one post physical fitness assessment
- one written exam
- journal (digital or written journal detailing fitness activities, nutritional, personal growth, etc.)
- two additional assignments such as a written lifelong plan or nutritional analysis at the instructor's discretion.

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

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